

FAMILY ADVOCACY PROGRAM

The Family Advocacy Program offers a variety of services and classes designed to build community health and resiliency.

- Location: 87th Medical Group (Bldg 3458) on the 2nd floor
- Hours of operation: Monday – Friday, 0730-1630
- Contact: (609) 754-9680

Services Offered:

- Enrichment: **(Registration required – dates subject to change; no Dec classes)**
 - *Anger/Stress Management*
 - Identify warnings sign, handle conflict, control anger
 - Held first 4 Fridays each month at the HAWC; 1300-1500
 - *Daddy Boot Camp*
 - Learn to fill the vital role of fathering
 - Three 2-hour classes open to ALL dads; quarterly
 - *Parenting Class*
 - Learn how to behave so your child will too
 - Series of six 2-hour sessions offered quarterly
 - *PREP (Prevention & Relationship Enhancement Program)*
 - Learn techniques to manage your relationship successfully
 - Series consists of six 2-hour sessions
 - *Sweethearts Seminar*
 - Intended to increase understanding, problem solving, and intimacy
 - Held semi-annually on a Saturday; sign-up with WFRC at (609) 754-3154
- New Parent Support Program: **(Call for individual appointments)**
 - *Child Safety* - Baby-proof your home
 - *Happiest Baby on the Block* - Help your baby stop crying and sleep longer
 - *Individual Education* - Child growth/development, sleep, nutrition, and more
 - *Infant Massage* - Increase relaxation, relieve gas, and improve sleep in your infant
 - *Sibling Preparation* - Prepare children for the arrival of the new baby
 - *Sign with Your Baby* - Learn signs to communicate with your baby

- Pregnancy Classes: **(Registration required – dates subject to change; no Dec classes)**
 - *Pregnancy 101 (attend during any trimester)*
 - Covers a variety of topics on what to expect in each stage of pregnancy
 - Offered the second Friday of Jan/Mar/May/Jul/Sep/Nov; 1400-1630
 - *Baby Basics (attend during 3rd trimester)*
 - Helps prepare on how to take care of newborn
 - Offered the first Wednesday each month; 1700-1900
 - *Breastfeeding (attend during 3rd trimester)*
 - Explains the basic principles of breastfeeding
 - Offered the third Wednesday each month; 1700-1900
 - *Childbirth Preparation (attend during 3rd trimester)*
 - Preparation for labor and delivery experience
 - Offered monthly on a Saturday; 0900-1600
 - *You and Me Plus a Baby Makes Three (attend during or after pregnancy)*
 - Focus on how new baby impacts a couple's relationship
 - Single 2-hour class offered quarterly; 1700-1900
- Domestic Violence Services: **(Call to make an appointment or a referral)**
 - *Evaluation & Treatment for Child and/or Adult Partner Maltreatment*
 - *Safety Planning*
 - *Victim Advocacy*
 - *Information & Referral Services*
 - *Restricted Reporting Available*
- Counseling Services: **(Call for appointment)**
 - *Marital*
 - *Family*
 - *Individual*
- Groups: **(Call for more information)**
 - *Caring for Moms*
 - Join other moms experiencing 'Baby Blues' in a safe, caring environment
 - *New Babies New Beginnings*
 - For moms with babies 0-12 months; babies encouraged

- Meets the 1st and 3rd Tuesday of each month; 1030-1200
 - Fort Dix Community Center (1134 Hemlock St)
- *Playgroup*
 - Informal group setting where parents socialize while children play
 - Wednesday; 1000-1130; Ft Dix Chapel
- Referral Information:
 - Car Seat Safety
 - Give Parents a Break
 - Substance Abuse
 - Legal Services
 - WIC (609-267-4304)